

MOVE YOUR BODY

OUTDOOR FITNESS EQUIPMENT WORKOUT

The Move Your Body – Outdoor Fitness Equipment Workout will provide you with exercises that can be completed in most local parks using the fitness equipment located there.

Beginner, intermediate and **advanced** options are available, allowing you to go at a pace that suits your personal fitness level. To find out the locations and how to warm up and cool down when exercising, visit www.armadale.wa.gov.au



LOCATION

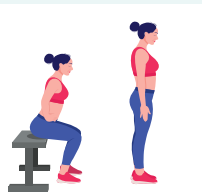
Joe Saunders Park, Dorney Esplanade (Champion Lakes)



WORKOUT TIME

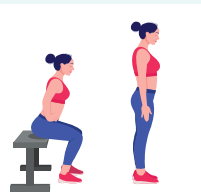
30-40 minutes

EXERCISE #1



BEGINNER

Sit to Stand
2 sets x 8 reps



INTERMEDIATE

Sit to Stand
2 sets x 8-10 reps



ADVANCED

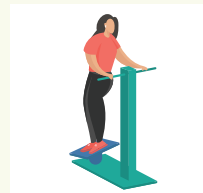
Stationary squats
3 sets x 8-10 reps

EXERCISE #2



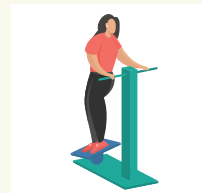
BEGINNER

Standing Elbow
to knees
2 sets x 8 reps



INTERMEDIATE

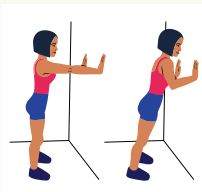
Torso twist
2 sets x 8-10 reps



ADVANCED

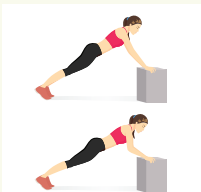
Torso twist
3 sets x 8-10 reps

EXERCISE #3



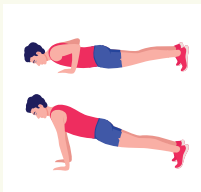
BEGINNER

Elevated push ups
2 sets x 8 reps



INTERMEDIATE

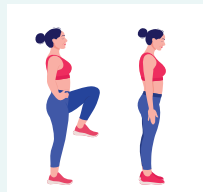
Lower incline
push ups
2 sets x 8-10 reps



ADVANCED

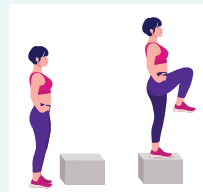
Regular push ups
3 sets x 8-10 reps

EXERCISE #4



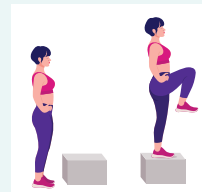
BEGINNER

Marching on spot
(use bar for support,
if required)
2 sets x 8 reps



INTERMEDIATE

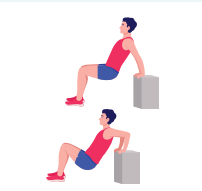
Step ups
2 sets x 8-10 reps



ADVANCED

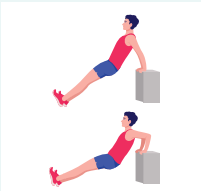
Step ups
3 sets x 8-10 reps

EXERCISE #5



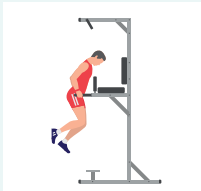
BEGINNER

Tricep dips with
bent knees
2 sets x 8 reps



INTERMEDIATE

Tricep dips
2 sets x 8-10 reps



ADVANCED

Tricep dips
3 sets x 8-10 reps

EXERCISE #6



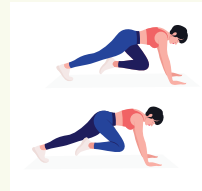
BEGINNER

Seated Elbow
to knees
2 sets x 8 reps



INTERMEDIATE

Standing Elbow
to knees
2 sets x 8-10 reps



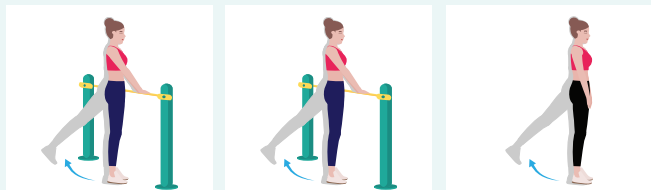
ADVANCED

Mountain Climbers
3 sets x 8-10 reps

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EXERCISE #7



BEGINNER

Bar supporting
kick backs
2 sets x 8 reps

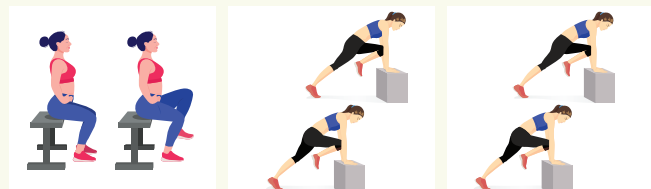
INTERMEDIATE

Bar supporting
kick backs
2 sets x 8-10 reps

ADVANCED

Regular kick backs
3 sets x 8-10 reps

EXERCISE #8



BEGINNER

Seated knee lift -
pause at top
2 sets x 8 reps

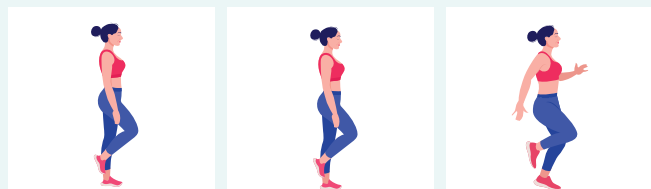
INTERMEDIATE

Incline Mountain
Climber
2 sets x 8-10 reps

ADVANCED

Mountain Climber
with 5 second hold
3 sets x 8-10 reps

EXERCISE #9



BEGINNER

4 x walking laps
of outdoor fitness
equipment
2 minutes

INTERMEDIATE

4 x walking laps
of outdoor fitness
equipment
2 minutes

ADVANCED

4 x jogging laps
of outdoor fitness
equipment
1 minute

TRAINING TIPS

REPS: A rep is the number of times you repeat the same exercise in one group, or a set

SETS: A set is the number of times you repeat a group of exercises

TECHNIQUE: Only select exercises that you can perform safely without putting your body at risk of injury

Use basic body positioning for all exercises

- Straight back/tighten core muscles/shoulders back/bend knees during exercise

- Allow the body to breathe normally throughout the exercise

For a challenge, try repeating this workout 2-3 times!

SAFETY

Please seek guidance from an appropriate allied health professional or medical practitioner prior to undertaking exercise. Cease exercising immediately if you feel faint or unwell and seek assistance.

The City of Armadale accepts no responsibility, as far as permitted by law, for any loss, damage, accidents, injuries or deaths to any property or person that may occur as a result of participation in this workout. Participants are responsible for maintaining their own safety and welfare (or that of children under their supervision or control) at all times.

